

## UTAH - WEEKLY INFLUENZA SUMMARY

Public

MMWR Week 3: 1/18/2009 to 1/24/2009

Posted 1/28/2009

### Influenza-Like Illness (ILI) Activity in Utah

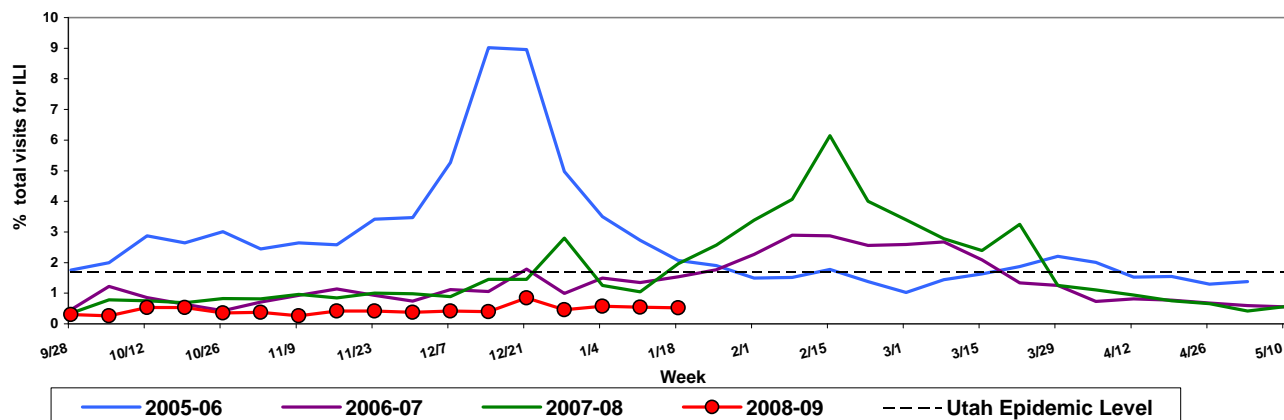
Influenza-like illness (ILI) state rate in Utah is currently below the epidemic level in Utah.

Influenza-like illness (ILI) in Utah has been above the epidemic level for 0 weeks.

Every influenza season we expect ILI rates will exceed the epidemic level at one point or another during the season.

### Influenza-Like Illness (ILI) Activity for Current Season and Past Three Seasons

Percentage of visits for influenza-like illness (ILI) reported by select clinics - Utah, 2008-2009 and previous three influenza seasons



### Influenza Hospitalizations

So far this influenza season, there have been 48 influenza-associated hospitalizations reported to the Utah Department of Health.

At this time last year, there had been 50 influenza-associated hospitalizations reported to the Utah Department of Health.

The majority of individuals hospitalized with influenza have risk factors for severe illness, which is expected.

People at high risk for severe illness are children under 5 years of age, adults over 50 years of age, pregnant women, individuals of all ages with chronic diseases, such as those with breathing or heart problems, asthma, or diabetes.

### Influenza Prevention

How to protect yourself and others:

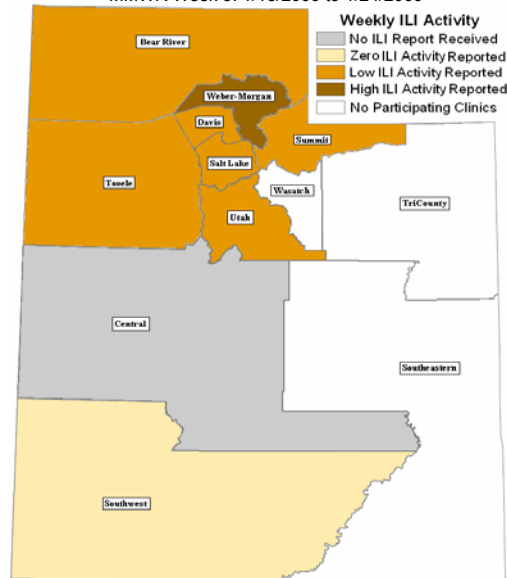
1. Get an influenza vaccine. Contact your healthcare provider or the Immunization Hotline at 1-800-275-0659.
2. Practice "respiratory etiquette":
  - Stay away from other people when you are sick.
  - Cover your mouth and nose with a tissue or with your arm at your elbow when you cough or sneeze (make sure and throw away your used tissue)
  - Wash your hands frequently
3. We urge schools and employers to be supportive of these preventive measures.



### Geographical Distribution

#### Weekly ILI activity by local health district

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High (Elevated) = ILI rate is above the state epidemic level.

Low (Normal) = ILI rate is the same or below the state epidemic level.

No Clinic = No clinics enrolled in local health district.

No Report = No report was received this week.